



Michael ANDERSON

PERFORMANCE PSYCHOLOGIST AND POWERLIFTING COACH

CONTACT

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SKILLS

- Mental conditioning
- Performance psychology
- Stress management
- Coaching integration
- Athlete evaluation
- Workshop facilitation

LANGUAGES

- English
- Spanish
- French

EDUCATION

**DOCTOR OF PHILOSOPHY IN SPORTS
PSYCHOLOGY, UNIVERSITY OF MIND
AND BODY, 2016**

ACHIEVEMENTS

- Published a book on mental training for athletes, receiving critical acclaim.
- Recognized for innovative mental conditioning techniques at national coaching conferences.
- Coached athletes to achieve significant performance improvements at national events.

Strategic Powerlifting Coach with extensive experience in competitive settings, specializing in athlete mental conditioning and performance psychology. Expertise in developing mental resilience and focus among athletes, enabling them to excel under pressure. Proven ability to implement sport-specific mental training programs that complement physical training regimens. Demonstrates a strong commitment to the holistic development of athletes, fostering both mental and physical growth.

WORK EXPERIENCE

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Mental Edge Performance Institute

2020 - 2025

- Developed mental conditioning programs tailored to powerlifting athletes.
- Conducted workshops on visualization techniques and stress management.
- Collaborated with coaches to integrate mental training into physical programs.
- Utilized psychological assessments to enhance athlete performance.
- Facilitated one-on-one sessions focusing on mental resilience and focus.
- Improved athletes' competition performance by an average of 20%.

POWERLIFTING COACH

Competitive Strength Club

2015 - 2020

- Designed strength programs that incorporated mental conditioning principles.
- Trained athletes to manage performance anxiety and enhance focus.
- Conducted regular evaluations to track psychological and physical progress.
- Organized mental training workshops for coaches and athletes.
- Increased athlete confidence levels, leading to improved competition results.
- Coached athletes to achieve 10 national titles in powerlifting.